



Issue 24

August 2023

## Your monthly update on WMS News and Events

### Chairman's Foreword:

*"I Hope that you are managing to have a good summer despite the changeable weather.*

*There have been great attendance numbers at the social room and both workshops but please let a committee member know if you need any support, especially if you are struggling with ill health or depression. We cannot resolve all issues but can offer support and refer people to professional support."*

**Brian Cubby**



*"It is with sadness that I have to report the death of one of our long-term members.*

*Brian was taken into Hospital and subsequently passed away on Sunday 23<sup>rd</sup> July. His wife is currently in a care home in Swaffham and no funeral arrangements have yet been made. I will update members as soon as I get any further information."*

*Malcolm Trayhorn – Chairman - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)*

### Editorial: *(Fresh articles needed for publication please)*

*"Welcome to issue 24 of "THE SHED JOURNAL".*

*Please bear in mind that this is your publication and without contributions from members we are in danger of the Journal becoming somewhat staid in its content/presentation. The more of you who contribute the more interesting and diverse we can make it. Over time I have tried to introduce a few new sections: -*

**Trusted Traders.** Here you can recommend or disgrace a company or tradesperson.

**Happy Shopper.** You can recommend or debunk an item purchased or the shop it was purchased from.

**Local events.** If you hear of an upcoming Wayland event, please inform me and I shall add it to the list.

**Wanted, For Sale or Free.** Send a description, price, and contact details with or without a picture or two.

*If you can think of anything interesting or informative to include i.e., Scams, DIY/Gardening tips, a film, book, magazine or music review, a good TV or radio station then please feel free to send me details and I will consider them all.*

*If you come across an interesting article (not too lengthy), please send it to me or point me to it. Members are also welcome and indeed encouraged to contribute small articles themselves (around 300 words with pictures) of days out, holidays, life/work experience, hobbies etc. You may think it mundane, but rest assured, some members will find it interesting. I'm sure we all have a story to tell, once you start writing it will flow.*

**Note:** Political, Financial and Religious articles will be closely scrutinised before publication. However, defamatory articles will not be published.

*As I am far from infallible, please advise of any errors/typos and feel free to send me your comments, good or bad. I strive to please. If you prefer not to receive 'The Shed Journal' please let me know by return."*

*John Chamberlin - Editor - email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)*





# The Shed Journal



## Latest News on Shed Facilities and Amenities:

### Main Social Room:

*"The Main Social Room is where the larger part of our membership congregates to catch up with fellow shedders over a cup of tea/coffee. Groups develop for a game of cards, dominoes, or such like although this is not all that goes on. Other groups may sit chatting about whatever comes up or perhaps read a magazine. All are a friendly bunch and welcome other members to join in the conversation and banter."*

**Members are reminded that it is important to come to the social room to sign in and out.**

*John Chamberlin* – Editor

### The Carpentry Workshop:

#### WMS REPAIR SHOP

*Have you got an item that you need help with repairing or to make. Anything. It need not be made from wood. Why not give your workshops, wood and computer/electrical, the opportunity to help you.*

*You may not be aware, but we have between us extensive knowledge and many skills within our membership that we would like to share and help you with. We can assist you with your ideas and design if needed.*

*We also have an extensive and growing stock of timber of all sizes, so before you spend hard earned cash at the shops, just come and see if we can help you in return for a small donation to club funds.*

*We also have tools, manual and power, that are available to borrow or buy for a small donation to club funds.*

#### COME AND SEE US

**YOU MAY BE SURPRISED !!"**

*Rob Fielding* Workshop supervisor - [fieldings225@gmail.com](mailto:fieldings225@gmail.com)

### The Computer Room:

*"Hello everyone / Fellow techies.*

*Well August already, where has the year gone? Still, it shows that we are busy doing what we all do best at our Shed, and I am sure you all agree we don't want it any other way.*

*There have been a few changes in the computer group, sadly one of our members has decided to move on, and look for pastures new, as you all know WMS offers many activities. I would like to say thank you to John Brown, for his help and enthusiasm shown during his time with the group. I have spoken to John and assured him if he wishes to come back, he will be most welcome.*

*We have had a slight change round of group members, John Brinklow is now assisting John Bunning in the printer section, and what I am being told, he's happy to help, which is great news.*

*Dean Betts is leading the way in the dismantling side of the computers, ability assisted by other group members as and when they can attend. I would also like to mention Peter Stokes, who unfortunately has to work in the Workshop area, sorting out all the copper material, which is sold on, I must add he has been very successfully in what he does, which is most appreciated.*

*Nick Clare is hoping to start attending Computer group meetings on a Wednesday more often, as he still works (even though he has retired) for his former employer. Nick currently attends on a Monday, and I am happy to say he has settled in very well and becoming a very good team member.*

*As for myself, I continue to lead the group the best way I know and try to include something for everyone. When I look at the group, I feel that all is good and I have a team who want to be part of the computer group, just like myself. Thank you everyone.*

*Until the next time."*

*Jeff Heath* - Computer Group Supervisor - email: [jefferyheath2017@yahoo.com](mailto:jefferyheath2017@yahoo.com)





# The Shed Journal



## Trivia, Quiz & Puzzle corner:

### August in history:

1945 - Japan surrenders to the allies. Announced in August and formally signed in September ending the war.  
 1819 - The Peterloo Massacre took place in St. Peter's Fields, Manchester. Around 15 deaths & 600 injured.  
 1963 - Britain's Great Train Robbery – £2.6 M (61M today) was stolen from Royal Mail.  
 1940 - Winston Churchill's, "Never in the field of human conflict was so much owed by so many to so few" speech.  
 1346 - Battle of Crecy - Helped by the longbow the English army of Edward III defeats the French.

### August born into glory or infamy:

10 BC - Claudius I - Roman emperor - Invaded Britain in AD 43 and made it a province of Rome.  
 1676 - Sir Robert Walpole - Whig politician and generally considered the first Prime minister of Great Britain.  
 1860 - Annie Oakley - Famed sharpshooter - Gained notoriety while traveling with Buffalo Bill's 'Wild West Show'.  
 1897 - Enid Blyton - Author of over 600 children's books, including 'Noddy', 'Famous Five' and 'Secret Seven'.  
 1926 - Fidel Alejandro Castro Ruz - Cuban revolutionary and politician - Cuban president from 1976 to 2008.

### Sporting chance

Which sport would you use a, Sliotar, hurley and a helmet?



### Joke

What do you call a crocodile that is also a detective?

### Quote:

*"The revolution is not an apple that falls when it is ripe. You have to make it fall." .....*

**Che Guevara**

### Proverb:

A hundred no's are less agonizing than one insincere yes.

## The Six W's Quiz:

### Where

do the Pacific and Atlantic oceans meet?



### What

are these structures called?  
 103 were built between 1805 and 1812 to resist a potential invasion by Napoleon.



### When

, during the 'Boxer rebellion' was the 'Siege of Peking'?



### Why

was Pluto left out of 'The Planets' Op 32, a seven-movement orchestral suite, written by the English composer Gustav Holst?

### Which

of these rivers, according to Greek mythology would require you to 'Pay the ferryman'?  
 Acheron, Styx, Phlegethon, Cocytus, or Lethe?

### Who

was Henry McCarty more famously known as?

## Last thoughts:

**That's odd:** Give the odd one out:

Magnum, Jeroboam, Aquazar, Rehoboam, Methuselah, Balthazar, Nebuchadnezzar.

**Line up:** Give the next in line:

Alpha, Beta, Gamma, Delta, Epsilon, Zeta, Eta, ?

**MIA:** Give the missing item:

Pride, greed, lust, envy, wrath, sloth, ?

*"Answers are shown on the last page, please advise of any typos or errors."*

John Chamberlin - Editor







## Social programme:

Our Social Secretary, Malcolm Trayhorn is very adept at organising an excellent programme of events throughout the year. The fact that many of these end up oversubscribed is a testament to their popularity.

I'm certain however, that Malcolm would greatly appreciate suggestions and ideas for future events and outings from the membership, so please put your thinking caps on for 2023. Suggestions to Malcolm please.

[Malcolm Trayhorn](#) - 01953 529531 - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

## Recent events:

### Cromer Pier Show:



On Friday 14<sup>th</sup> July 40 members(including guests) boarded a coach and travelled to Cromer. After spending free time at the resort having fish & chips or the odd ice cream we all headed to the end of the pier to the Pavilion Theatre for the matinee performance of the summer show.

The cast were superb with song & dance, acrobats and plenty of comedy. It was truly a traditional good fun variety show. There was even an impromptu visit to the stage by yours truly who was picked out of the audience to assist with a sketch.

### Go-Karting at Letton Hall:

On Tuesday 18<sup>th</sup> July 11 members went to Letton Hall in Shipdham to speed their way round a racetrack in high powered go-karts. After enjoying a breakfast, we kitted up in safety helmets and after a short safety talk and instruction we took to the track.

The experience was exhilarating, and a great morning was had by all. All those who attended are looking forward to the next visit.



### Men's Shed Summer BBQ:



On Saturday August 12<sup>th</sup> we held our second BBQ, the first at the Sports Centre. Over 100 people including members and guests attended. The weather was kind to us with only a couple of uncertain moments. The crowd was entertained at one point by the recently formed Wayland Shanty Men.

This was a free event for members and guests, and this was partly due to a subsidy provided by the Co-op, for which we are very grateful.



There were several volunteers who helped to make the day a success. Cutting the grass, putting out tables and chairs, transporting bar-b-ques, ordering, and preparing all the food, cooking the food, and entertaining the assembled crowd. There are too many to mention individually but you know who you are!!



# The Shed Journal



## Upcoming Social Calendar:

Event	Date	Venue	Time	Estimated cost
Afternoon Tea Train	Sunday 3 <sup>rd</sup> September	Car share to Dereham	Train departs Dereham 15:30	£32.50 PP
Quiz and Chip Night	Friday 15 <sup>th</sup> September	Sports Centre	18:30 for 19:00 food - 19:30 quiz	£11 PP
Bletchley Park	Tuesday 21 <sup>st</sup> September	Surrey via coach	<b>TBC</b>	£25 PP (now full)
Cheese and Wine evening	Friday 13 <sup>th</sup> October	Sports Centre Bowls Room	<b>TBC</b>	£5 PP
Thursford Christmas Special	Tuesday 5 <sup>th</sup> December	Thursford via coach	Leave Watton 5pm for 7pm show	£50 PP (now full)
Christmas Meal	Thursday 14 <sup>th</sup> December	Barn Ruche	<b>TBC</b>	£27 PP
<b>OTHER POSSIBLE UPCOMING EVENTS/OUTINGS</b>				
Archery & Fly fishing	<b>TBC</b>	<b>TBC</b>	<b>TBC</b>	<b>TBC</b>

### Afternoon Tea Train - Sunday 3<sup>rd</sup> September

As this date is getting closer, I now need to collect all monies in order to pay the Mid-Norfolk Railway. If you have already given me a £10 deposit, I need another £22.50. If not, I need £32.50. Cash to me soonest please.

I have 5 seats left for this trip so if you are interested in this great afternoon out let me have your names. This is a car share event so if you can take your car and a passenger, please indicate on the list on the notice board. Likewise, if you require a lift, please indicate this.

### Quiz and Chips evening - Friday 15<sup>th</sup> September

Count down is now on for the next quiz, with places filling up quickly. Please check that your name is on the list if you wish to come. Also put down your orders for food. Cost remains at £11 per person and I am collecting money for this now please.

### Bletchley Park - Tuesday 19<sup>th</sup> September

16 members and guests will be travelling by minibus to Bletchley Park. The cost is £25 each to include travel and entry. For those going, money to me soonest please.

### Cheese and Wine evening - Friday 13<sup>th</sup> October

Please put your names on the list in the social room if you are interested in attending this event. Cost £5.

### Thursford Christmas Spectacular - Tuesday 5<sup>th</sup> December

This trip is now full so if your name is not on the list and you wish to go, please let me know and I will put you on the reserve list. Trip to cost £50 which includes ticket and coach fare.

I have most deposits and will collect remainder as soon as you have it.

### Christmas Meal - Thursday 14<sup>th</sup> December

We are going back to Barn Ruche this year. Please put your name on the list on notice board if you want to attend. Cost will be approx. £27. Now collecting deposits.

### OTHER POSSIBLE UPCOMING EVENTS/OUTINGS

Archery TBC Letton Hall, Shipdham TBC - Fly Fishing Tuddenham, TBC. If you are interested in either of these, then please put your names down on the lists on the notice board or let me know.

Please see the notice board in the social room for forthcoming events and outings. Once I have sufficient interest shown for a trip or event, I will organise a date and book the venue and coach, as necessary.

Malcolm Trayhorn - 01953 529531 - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)





# The Shed Journal



## Member groups:

### Shanties at the Shed:

*“August has been another busy month for the shanty group. Unfortunately, the gig that we were meant to play in early August had to be cancelled in the saddest of circumstances. Accordingly, our focus has now turned to the programme and rehearsal for our next gig in Griston church which is scheduled for 30th September. This will be our most demanding gig thus far in as much as we are the main attraction rather than a supporting act.*

*To further expand our repertoire, we have already begun rehearsing new shanties including ‘Botany Bay’, ‘Bully in the Alley’ and ‘Sally’ Brown. The former isn’t strictly a shanty but a ‘song of the sea’ that bemoans the fate of those transported to Australia for committing some (often petty) crime. It has a great ‘sing along’ chorus that will lend itself well to audience participation.*

*Until now the verses of each shanty have been distributed between group members. Everyone gets to sing a solo verse with the others joining in chorus and response. Sally Brown and Bully in the Alley are different as they rely on one person (the shanty man) to (solo) sing all the verses with the others joining in only on chorus and response. This places a heavy load on the soloist; however, thus far both songs have gone well at rehearsal.*

*Last month I put out a plea to anyone who plays a musical instrument to consider coming and playing along with the group. To date there has been no response! Given how many talented people are members of our shed, I can’t believe there isn’t one that would have sufficient musical ability and might just give it a go. If you play a musical instrument and feel that you might be able to help the group, please get in touch. I guarantee that there are few feelings like soaking up a bit of applause at the end of a successful gig.*

*We are always pleased to welcome new members to the shanty group. You don’t have to be a fantastic singer, but you do need a sense of humour! The next sessions will be on **Monday 4<sup>th</sup> and Wednesday 20<sup>th</sup> September 2023** in the back room behind the bar starting as soon as possible after 10 o’clock. Please don’t forget to sign in and pay the usual £2 session fee. “*

**Interested?** Contact [Nigel Potter](#) – Shanty group lead - email: [silveralto@gmail.com](mailto:silveralto@gmail.com)

### The Music Club:

*“August’s Music Club meet was exceptionally good with an excellent selection of music from different genres. It was also good to welcome Vic to our listening circle for the first time.*

*The top four most popular tunes of the day were:*

- 1. ‘Wonderful Land’ performed by The Shadows (95 votes)*
- 2. ‘Stone Fox’ performed by Nine Below Zero (86 votes)*
- 3. ‘Wellerman’ performed by Jadok Cello (85 votes)*
- 4. ‘Sam Par Ti’ performed by Santana (80 votes)*

*As is often the case, nostalgia ruled the day in determining the top tracks. For those who don’t recognise the name, ‘Stone Fox’ was used as the theme tune to the ‘Old Grey Whistle Test’. Together with ‘Wonderful Land’ most of us were transported back to our youth with the smiles on faces indicating remembrances of a happy (if lost) era.*

*The Club is open to all Shed Members to either bring along their own tracks to play or just to listen to the selections of others. All genres of music are welcome. For the September meeting the theme is ‘Journeys’; however, this is purely optional, and members are not restricted from bringing along any track of their choice for listening.*

*The Music Club meets on a monthly basis – normally the first Wednesday in the month starting as soon as possible after 10 o’clock. The next listening session will be on **Wednesday 6<sup>th</sup> September 2023** in the main social room. Please don’t forget to sign in and pay the usual £2 session fee. Why not give the Music Club a try?”*

**Interested?** Contact [Nigel Potter](#) – Music club lead - email: [silveralto@gmail.com](mailto:silveralto@gmail.com)



## Car Pub Club:



## Event Number 6 Wednesday 19<sup>th</sup> July 2023



The Venue for Event 6 was The Boars at Spooner Row. I am afraid that this venue scored the lowest of all our Car Pub Club reviews to date. Poor service, several items from the menu had 'run out' however the overall ambience was very nice. Scores as follows;

Name of Establishment:			The Boars, Spooner Row				Event 6
Time and Date of Visit:			12:30 on 19th July 2023				
Number of WMS Members / Partners:			7				
Car Scores	120 out of a possible 140		85.71%				
Pub Scores			148.5 out of a posible 210			64.57%	
	Enjoyable Drive	Distance & Parking	Menu & Price	Food Quality	Service	Total Average Score	Overall Car Pub Club Rating
Avge Scores	8.4	8.7	6.6	7.5	7.1	38.30	<u>76.60%</u>

Now to compare The Boars with the other Car Pub Club venues, we have visited;

Event No	VENUE	Date	Number of people	Car Scores	Ranked	Pub Scores	Ranked	Car Pub Club Rating	Overall
1	The Anvil	26.01.23	9	92%	1	93%	1	9.2	1
4	The Railway Arms	04.05.23	7	87%	3	92%	2	9.0	2
5	The Nags Head	08.06.23	7	89%	2	87.14%	5	8.8	3
2	The Dabbling Duck	02.03.23	9	82%	5	87.41%	4	8.5	4
3	The Recruiting Sergeant	06.04.23	8	72%	6	90%	3	8.3	5
6	The Boars	19.07.23	7	86%	4	64.57%	6	7.6	6

## Heres to the next event – Event 7

Held on August 10<sup>th</sup> at The Black Boys, Aylsham.

A pub within the group of Colchester Inns which also includes the Recruiting Sergeant, The Rising Sun at Coltishall, The Bucks Arms in Blickling and The Lodge at Salthouse.

For more information, or any questions please feel free to contact me:

**Interested?** Contact [Stewart Haile](#) - Car Pub Club lead - 07775 694099 - email: [shaile33@aol.com](mailto:shaile33@aol.com)





## The Shutterist's:



An active, relaxed, and social group of likeminded souls, enjoying good chat, great outings, a hint of competitiveness whilst savouring the culinary delights that East Anglia can offer.

Our outing in July, was felt by many, as the best yet. High praise for Pin Mill in Suffolk. Please also remember, the Shutterists welcome all Shed members on our outings... Camera or no camera, come along for a great day out. For those of you who enjoy a breakfast or lunch out, even more reason to join us.

### (1). Group Outings - The Photo Walk

Pin Mill, Suffolk – Tuesday 11<sup>th</sup> July

An event attended by 9 Shed Shutterists, meeting firstly at the Queens Hall at 08:00. Upon arrival at Pin Mill, a short reccy was made for photographic viewpoints and then it was into the Butt & Oyster for coffee, oh and breakfast too. Fabulous food and great service. So good that we reserved for lunch too.

After a very leisurely break, it was back into the open into bright skies and sunshine. We all split into smaller groups and embarked on the job of the day – securing an image that each and every one of us would be proud of.

After a couple of hours, the hunger pains set in, oh and it was time for lunch. The Pub did us proud and we found ourselves in our own private dining area. Absolutely fabulous.

On our way out, we nearly greeted Rick Wakeman who had also chosen the Butt & Oyster for lunch.

Overall, a fabulous day – even the photographs were not bad either. We hope you like them as included in this month's photo album.

Sadly, Mark Tindale missed the trip but kindly accepted the Honour to judge the images from our outing. Below is his report and the winning images he chose.

*'Another tough one to narrow it down to 3. I hope everyone agrees though that 'Decay' is a worthy winner from the trip. Congratulations to everyone though.'* Mark

## GOLD

### Decay

**Gold Award: shot by  
Steve Fransz**

The detail that has come out on the boats is amazing and the sky and colours are terrific.







## **SILVER**

**Large Sky**

**Silver Award: shot by  
Neil Rowe**

The sky does it again. Love the colours and it's got a bit of everything to keep you looking.



## **BRONZE**

**Slippery Slope**

**Bronze Award: shot by  
David Haylock**

Just edged out by Decay,  
but a really nice photo.



**All entries can be seen in the 'Shutterists Photo Album for June.**

BIG Congratulations to all winners and all entrants too, especially though to Steve Fransz who presented another one of his photos and was a worthy submission for GOLD Award and **The Terry Knight Trophy** is already in his possession!

Great to see our own Madame Secretary, Neil Rowe, on the rostrum too.

**Again, thanks to Mark for Judging the entries – sorry you missed the trip.**

### **(2). 2022 - 52 Week Capture Challenge**

Further delays – wrong sort of rain which hampered any progress.



## (3). 2023 – Monthly Challenge

The 12-month WMS Artistic Challenge takes place as a tribute to Terry Knight, one of our original photo group members who sadly passed away in 2019.

### Month 7 – July

The monthly challenge is based on a twelve-letter word.

**THE LETTER FOR JULY WAS THE LETTER: 'X'**

Entries, a total of 18, which can all be seen in the Shutterist Album for July

**AND THE WINNERS ARE;**

## **GOLD**

**X denotes MOT failure**

**Gold Award: shot by  
Stewart Haile**



## **SILVER**

**X Files**

**Silver Award: shot by  
Neil Rowe**

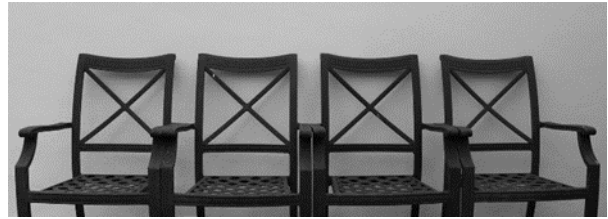




## BRONZE

**4X Not Castlemaine**

**Bronze Award: shot by  
Neil Rowe**



**All you 'Shedders' must now have guessed the 12-letter word!**

***The 2023 Monthly Challenge – Summary of what it's about.***

### **Photographers:**

Entry(s) can be one colour and / or one black & white – can be different photo or same.

*Photo must be taken in that month and title must start with the Letter of the month.*

All members of the Shutterists, whether entered that month or not, get six votes.

*Remember though - It's for fun... but it is a challenge.*

### **Other mediums:**

WMS artistic talent (in other 'Art Forms' such as charcoal sketch, water-colour, acrylic, pottery etc...) choose your medium and enter accordingly.

As a great example take a look at Wayne Rutter's entry in the July Album

***Xanthus Swallowtail Butterfly - Acrylic with metallic hints***

Hidden talent. We should say Talented.

### **(4). What's coming up for the Shutterists...**

Monthly Outings

Planned – one trip for August, so far.

**1<sup>st</sup> August                      Lynford Waters**

*More ad-hoc trips (maybe)... watch your inbox and / or the Shed Notice board.*

*Monthly Challenge – August will be the Letter 'T'.*

### **An aide memoir re the WMS Shutterists**

*As a reminder to all Members, The WMS Shutterists are predominantly an 'Artistic Group', however cameras / pencils / paints are not a pre-requisite for trips out. The Shutterists welcome all fellow members of WMS to come and enjoy our outings. It is generally a good walk in beautiful East Anglia, nearly always with the odd coffee, beer, wine, lunch, dinner thrown in for goodwill.*

Join the Shutterists, which is huge fun, and allow those creative juices to flow...

**Interested?** Contact [Stewart Haile](#) - Shutterist's group lead - 07775 694099 - email: [shaile33@aol.com](mailto:shaile33@aol.com)





## Editor's note on groups:

Do you have an idea for a similar group? For example: A walking group, book club, cycling club, games group, maybe a common hobby or interest then please email the idea - [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com) and I will publish it here.

Such groups will be fully supported by the committee but arranged and run solely by the interested members.

**N.B.:** A group does not have to be several members; you may just find one other like-minded individual to start with and others may well join you later.



## Other News, Notices, Events & Interesting Articles:

### First Aid Course Report:

Very well presented, clear, excellent engagement with the audience and apt examples of the key factors for first aid. The professional experience and capability of the presenter was clearly evident the subject was motivating and concentrated on the ability of everyone to be able to undertake useful and practical steps in most situations. The backup of the emergency serviced 999 was a great reassurance that they will talk you through any situation. I am sure everyone felt empowered to take some sort of action, however limited. I know I did and do.

However, having said all that it was very disappointing that there were no facilities to take notes and even more so was a complete lack of any handouts to act as a memory jogger and booster of confidence do something in any of the comprehensive situations, we covered in such a short time.

I know it is a Charity but a few pence on some photocopies would change the whole experience. I suspect the presenter felt this. Even a modest fee for the presentation would be effective. Indeed, I don't know why they do it for free. Anyone would pay for this.

Submitted by [John Coquile-Mangen](#)

## Poets Corner: (He's a poet and he knows it.)

### Old Men

In wisdom's realm, where time's whispers reside,  
There lies a tale of aged souls, untied.  
With furrowed brows and lines etched deep,  
Old Men stand tall, their memories steeped.  
The eyes tell tales of countless fleeting years,  
Etched with joy, with sorrow, and with tears.  
Each wrinkle a roadmap of life's terrain,  
Gently carving stories, a lifetime's refrain.  
In creased hands, worn by labour's weight,  
Lies the history of battles fought, love's fate.  
From calloused palms, stories slowly unfold,  
Like ancient scriptures that are old but never sold.  
With hearts weathered by life's ebb and flow,  
Old Men have learned what others yearn to know.  
Through the seasons' rhythm, they've come to see,  
The beauty of existence, the essence of being free.

Submitted by [Wayne Rutter](#)

With a timeless vigour and a slower gait,  
Old Men dance to memories, both early and late.  
In reminiscence, they find solace and grace,  
Embracing life's troubles, the trials they've embraced.

Their laughter echoes like the song of old pines,  
A symphony of resilience, woven through time.  
Each moment, cherished, like a treasure untold,  
Unveiling life's mysteries, ever so bold.

Old Men are keepers of stories untold,  
Your presence a testament, a wisdom unfold.  
Through all the shadows, you've weathered the storm,  
Beneath weary exteriors, your hearts still warm.

From life's tapestry, you have woven a song,  
A story of lessons, both eloquent and strong.  
Oh, Old Men, with souls so bright,  
Your spirit ignites the world with its light.





## Trusted Traders: (Come on chaps, I'm sure some of you must have entries)

This regular section (if populated) will list traders that you can either recommend using or to avoid based on the overall experience. Please send me a brief description of traders that you have used including the headings below, stating why you either recommend them or not. email [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

I shall list them here for 3 months before letting them drop off the list.

<b>Name:</b>	Akers Tree Services	<b>Quality:</b>	Efficient, left everything neat and tidy
<b>Profession:</b>	Tree Surgeon	<b>Pros/cons:</b>	Will use them again.
<b>Pricing:</b>	Reasonable	<b>Submitted by:</b>	<a href="#">Nigel Potter</a>
<b>Reliability:</b>	Arrived punctually		

## “Processing” a Photograph or “Straight Out of Camera” Photograph.

For some time now there's been a controversy as to whether a digital photograph should be processed using software or viewed as coming “straight out of camera” without any adjustments being applied.

This argument is as old as photography itself. Since its invention, photographs have always been adjusted in one way or another either in the wet dark room using a combination of light and chemicals or taken into Boots for commercial developing. In some way or another the colour, tone, contrast, or sharpening adjustments to a photograph would have been applied.

However, since the invention of digital cameras, and taking images as JPEGs when the camera is in automatic or semi-automatic mode, algorithms within the camera's microprocessor will apply these same types of adjustments automatically to the photographs taking away any control from the photographer.

Thankfully photography is an ever-evolving blend of art and technology. This is specifically so of digital photographs and as the technology progressed, photo editing / adjusting has become an intrinsic part of the process. Tools like Adobe Photoshop, Lightroom, and other mobile apps have sophisticated editing capabilities to the fingertips of photographers.

So why editing in the first place? I personally think it's about “taking control” and not relying on some unidentified computer programmer telling me that's how my images should look. In doing so I like to consider whether it's my intention to present a realistic, journalistic record photograph of an event, thing, or place? Or do I take a photograph in which I try to evoke an emotion in one form or another in the person who's viewing my picture?

For instance, I might make minor adjustments to exposure, contrast, or colour balance to ensure the photo accurately represents the scene. Conversely, I might lean towards adjusting or editing to manifest a particular vision or mood to the image which I am trying to convey to the viewer. Much like an artist does when creating a painting.

It's essential to recognize that every photographer's vision is unique. What might be “too much” editing for one person could be “just right” for another. The trick here is to be consistent with style. If heavy edits and surreal colours are your “thing”, embrace them! If you lean more towards natural and minimalistic edits, that's perfect too.

Finally, editing images is a powerful extension of the photography process. When done with care and intent, it can elevate a good photograph. What it can't do is turn a bad photograph into a masterpiece. The key lies in finding a balance between representing your vision and maintaining the essence of the photograph. For it to work, the best edits often enhance the story the photograph tells, they should not overshadow it.

If you would like to explore the power of adjusting your photographs using software and taking control of your images rather than relying on the automatic practices within a camera, I'd be more than happy to take you through the process. Drop me an email to [robarts@gmail.com](mailto:robarts@gmail.com). To see where I put this power to use especially to landscapes images visit [www.robartsphotography.co.uk](http://www.robartsphotography.co.uk).

Submitted by [Bob Darts](#)



# The Shed Journal



## Prostate cancer:

The UKMSA recently hosted a session with Professor Mark Emberton who is a world leader on the subject of Prostate cancer. The lecture is available on you tube and well worth a look. It will tell you everything you might want to know. Paste this link into your address bar.

[Shedding Light on Prostate Cancer with World Leading Professor Mark Emberton - YouTube](#)



## Money Helper:

In this age of financial uncertainty, I thought it a good idea to point members in the direction of this website: - [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk). It is a government backed site covering all aspects of financial advice i.e., support, assistance, and guidance. Have a look and see what you think.

## Shed Mardle:

The UK Men's Shed Association holds a "Shedfest" each year to enable Sheds from across the country to meet up, share experiences, exhibit projects, and visit the stalls of professional bodies. As this is held in Worcester the Norfolk Men's Shed groups has decided to hold something within Norfolk. The purpose is just to meet up and talk to other shed members throughout Norfolk.

This is an opportunity to network with other Sheds and share stories and experiences. There are now over 23 Sheds in Norfolk. The word "Mardle" is a Norfolk/Suffolk word for a chat or gossip. The event will take place at Poringland on Saturday 9th September.

If you would like to attend this event, please enter your name on the list situated on the noticeboard.

[Malcolm Trayhorn](#) - 01953 529531 - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

## Gastro Jaunts detour around Kent (Part 10)

Our daughter has recently moved to Tunbridge Wells and although I have passed through it many times (usually on the way to the Kent coast), I have never actually stayed there. So after having had the obligatory tour of her new home, as it was a sunny day, we took a stroll across the common to the Pantiles. This is a very chic pedestrianised street lined with pavement cafes, where we stopped to have drinks and nibbles, and watched the world go by.

That evening I had booked us in to Thackeray's restaurant, this is set in the house that the 19th century novelist lived in. It has been very well renovated/restored and the atmosphere was very calm. I thought the service was very good, if anything a bit too much, with the waitress almost too polite insisting on describing the food down to the minutest detail. My daughter thought I was being picky!

We had quite a fishy meal, after the very tasty "amuse bouche", (don't ask me what it was, I can't remember, but it definitely amused my bouche!) we had fresh tuna for starters followed by Halibut with a courgette salad, finishing off with a raspberry souffle. All in all, a very nice dining experience. Would I go back there again? Yes, but I'd have to save up a few weeks pension!

Submitted by [Les Waller](#)



## WMS Website:

Our website address is: [www.waylandmensshed.co.uk](http://www.waylandmensshed.co.uk).

Members are encouraged to visit the site and have a look around. The site is continually undergoing updates and our thanks go to Neil Rowe for his continued efforts. Constructive comments, suggestions or ideas for improvement and potential new content are very welcome. Just approach Neil or any committee member.



# The Shed Journal



## The Happy Shopper:

**Editor's note:** Can you recommend or debunk an item purchased or the shop it was purchased from? If you have a piece, then please send it to me [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com) (No War and Peace articles though).

## Local events 2023:

**Please email me the details of any event you hear about in Wayland:** - [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

Date	Event	Location	Time
Sat 26 <sup>th</sup> August	Bike Show	Watton Sports Centre	TBA
Sun 27 <sup>th</sup> August	Classic Car Show & Fun Day	Swaffham Recreation Ground	10:00 - 16:00
Sun 17 <sup>th</sup> Sept	Watton Carnival	Watton Sports Centre	TBA
Sat 14 <sup>th</sup> October	Oktoberfest	Watton Sports Centre	TBA
Sat 28 <sup>th</sup> October	Halloween Party	Watton Sports Centre	TBA
Sat 28 <sup>th</sup> October	Fireworks Display	Wayland Show Field evening	TBA
Sun 12 <sup>th</sup> Nov	Remembrance Sunday	Memorial Car Park	TBA
Sun 26 <sup>th</sup> Nov	Festive Market	Watton High Street	TBA
Sat 16 <sup>th</sup> December	Big Christmas Party	Watton Sports Centre	TBA
Sun 24 <sup>th</sup> December	Our Family Christmas Party	Watton Sports Centre	TBA



## Wanted, For Sale & Free Notices:

Do you have an item for sale, for free or are you looking for something in particular? Please feel free to email the editor - [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com) with a price, picture, also include a brief description of the item along with your contact details. I shall endeavour to list the item here.

**Note:** All transactions are strictly between two parties. WMS does not endorse nor guarantee any items sold.

### Free:

30m (100') of Reinforced Vinyl Tubing - 10mm (3/8") bore.

Contact: [John Chamberlin](mailto:John Chamberlin)  
01953 886892 – 07886 655713  
[bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)



### Free:

2 packs of Wet & Dry sandpaper. P500 + P800 packs of 25.

Contact: [John Chamberlin](mailto:John Chamberlin)  
01953 886892 – 07886 655713  
[bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)



### For Sale: £100

Aluminium 2-wheel trailer. Box size 40" wide x 60" long. Overall length rear to ball coupling 88". Height to box base 33". Box is lined with 6mm ply. Has a spare wheel, dolly wheel and cover.

Contact: [John Chamberlin](mailto:John Chamberlin)  
01953 886892 – 07886 655713  
[bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)



## UK Men's Shed Association (UKMSA):

If you want to know more about the UKMSA, type or, cut and paste this link into your address bar. <https://mailchi.mp/0f250cda9131/shoulder-to-shoulder-june-15710742?e=7c00b591b8>



# The Shed Journal



## Men's Shed – We care:

- Members of our shed have a variety of reasons for being a member. Whether it be for: -
- Having other male companionship.
- Reducing the feeling of loneliness.
- Meeting up with others.
- A way of making new friends.

Whatever the reason there is plenty of evidence that our shed is making a difference.

It has come to my attention through recent events that there are men in the area who are desperately in need of support and may not always be able to attend our meeting room.

Would any members, who are able, be prepared to visit a vulnerable male once or twice a week at their home? If you feel that you may be able to assist, please contact me and I will give more information.

*Malcolm Trayhorn* – Chairman - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)



## Facebook:

WMS has a group page – currently with around 17 members:

[www.facebook.com/groups/5797251266956413](https://www.facebook.com/groups/5797251266956413)

**Note:** The above page should not be confused with a similar page, this was an earlier iteration from the days of our formation, this legacy page is **NOT** updated by the Men's Shed (**Please use the above link**).

## CALL TO ARMS

Is there a member amongst you that is a **Facebook Guru**? If there is, then perhaps you would rally to the cause for your Mens Shed. We really do need our Facebook page updated and maintained with what we have on offer with our current facilities/groups etc. I'm certain that it's not an onerous task and it would help us to get the word out to more people. You will have the full support of the committee and be supplied with the necessary information that you would require. So, come on board and ease us into the world of social media.

*John Chamberlin*



## Business, Administration & Housekeeping matters:

### Shed opening days and times 2023:

Social Room - Mondays and Wednesdays 09:00 till 12:00.

Woodwork Shop - Mondays and Thursdays 09:00 till 12:00.

Computer Room – Mondays, Wednesdays, and Thursdays 09:00 till 12:00.

## Health & Safety:

It is important that we know how many members are in attendance at all times. **Please ensure that you visit the Main Hall to sign-in and out, do not just go to the Workshop/Computer rooms.**

All members have a duty of care for themselves and others whilst on the premises. Should you become aware of any issues please ensure that you inform a committee member at once. All accidents and Incidents should be recorded in the ledgers provided; they're located in the filing cabinet in the workshop.

## Housekeeping:

Please assist other members and the committee by keeping the shed tidy and helping with general chores.





# The Shed Journal



## Your elected committee:

Malcolm Trayhorn: Chairman, Social Secretary & Press	Gordon Williams: Vice Chairman	John Bunning: Tech assistant
Neil Rowe: Secretary & Website	Jeffrey Heath: Tech supervisor	Rob Fielding: Workshop supervisor
John Chamberlin: Treasurer, Memberships & Journal		

## Committee meeting:

Next committee meeting will be on Wednesday 6<sup>th</sup> September 2023 at 3pm in the Sports Centre.

Should any member wish to submit an item for discussion by the committee please email your request direct to the chairman. [Malcolm Trayhorn](#) - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

The meeting welcomes 'observers' from the membership, they can submit questions and/or signal their wish to attend to the secretary no later than Thursday 31<sup>st</sup> August 2023. [Neil Rowe](#) - email: [neilr101@btinternet.com](mailto:neilr101@btinternet.com)

## Committee note:

The minutes of all committee meetings are available for perusal in the minute book at the shed, therefore a draft copy **will not** be individually distributed to shed members. However, should any member require an e-copy, they may request the same on application to the secretary.

## Treasurers Report:

*"Shed finances remain healthy and future funding secure. As always thanks go to all members for their support Full, yearly & monthly accounts may be examined, and any questions answered upon application to myself."*

[John Chamberlin](#) – Treasurer – email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

## Memberships Report:

*"Membership has settled at 75 following this year's renewals and a new member of two. Please continue to let your friends and neighbours know that they will be made most welcome."*

[John Chamberlin](#) – Membership Secretary – email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)





# The Shed Journal



## Quiz and Puzzle solutions:

**Joke:** An investi-gator. 😂🤔😄

**Sport:** **Hurling.** An outdoor team game of ancient Gaelic Irish origin, played by men. Women play Camogie.

**Who?** **'Billy the Kid' (a.k.a. William H Bonney).** American outlaw. Aged 22, shot dead by Sheriff Pat Garret.

**Where?** **Cape Horn.** Feared by mariners. In over 400 years, the 'Horn' has claimed 1000+ ships and 15,000 lives.

**Why?** **Pluto** wasn't discovered till 1930. 'The Planets' was written between 1914-17. Holst died in 1934.

**When?** **August 1900.** An 8-nation relief force was sent to break the siege that started in June.

**What?** **Martello towers.** A Corsican design. 45 remain, 9 are restored. Martello means 'Hammer' in English.

**Which?** **Styx.** Charon ferried the dead across the river to Tartarus (for the evil) or Elysian Fields (for the good).

**That's odd:** **Aquazar.** The remaining 6 are champagne bottle sizes. In ascending size from 1.5L to 15L.

**Next in line:** **Theta.** They are of course letters from the Greek alphabet α, β, γ, δ, ε, ζ, η θ.

**MIA:** **Gluttony.** The 7 deadly sins. Parallels with the 7 things God is said to dislike in the Book of Proverbs.

Please visit our website: [www.waylandmensshed.co.uk](http://www.waylandmensshed.co.uk) which is regularly updated.

You can also contact us via email: [waylandmensshed@gmail.com](mailto:waylandmensshed@gmail.com)

If you wish to make a compliment, complaint, or comment, please feel free to do so. Without constructive feedback it is very difficult for the WMS Committee to know if they are meeting member's expectations.

**Disclaimer** - The information contained within The Shed Journal is for general information purposes only and assumes no responsibility for any errors or omissions in the content. In no event is the editor or other members of WMS liable for special, direct, indirect, consequential, or incidental damages arising out of or in connection with the content. We reserve the right to make additions, deletions, or modifications to the contents at any time without prior notice. Any views or opinions either explicit or implied are NOT the views or opinions of either the Wayland Men's Shed or the editor.

